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The mysterious Ottawa property at the centre of an international terror lawsuit metroNEWS

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ADAM KVETON/FOR METRO

ANSWERING THE CALL

Caped Crusader bringing joy to Ottawa's sick kids metroNEWS

Feds nix new embassies on Sussex Drive

CONSTRUCTION

RCMP raise concerns over security

The federal government is forbidding the construction of new embassies on Ottawa's Sussex Drive following a stark RCMP assessment of the potential for "violent events" in the high-profile neighbourhood.

Countries with diplomatic missions already located on the well-known boulevard include the United States, France, Kuwait, Saudi Arabia and South Africa.

It is also home to Rideau Hall, where the Governor General lives, as well as the prime minister's residence at 24 Sussex. Justin Trudeau and his family are living in a house on the Rideau Hall grounds while federal officials consider badly needed renovations to the traditional address of Canada's leader.

Foreign Affairs Minister Stephane Dion was advised of the ban on new embassies in January by Daniel Jean, then his deputy minister, records released under the Access to Information Act show. Jean has since been named national security adviser to the prime minister.

Canada requires foreign states to obtain its consent before buying property for use as diplomatic chancery offices or official residences.

In summer 2015 the RCMP began a detailed assessment, at the request of Global Affairs Canada, of how construction of new embassies on vacant lots along Sussex Drive would affect the security of nearby Canadian and foreign facilities.

The Mounties looked at "risks associated with violent events likely affecting Canadian and foreign interests," but not scenarios involving espionage or protection of critical infrastructure, such as power grids and water systems, says a letter to Global Affairs from RCMP Chief Supt. Rosemary Abbruzzese.

THE CANADIAN PRESS

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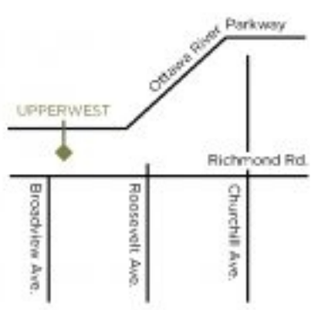

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Your essential daily news

Moustache-sporting, red sweater-wearing Kenneth Bone is America's presidential debate hero. **World**

Mom makes fundraising plea

HEALTH

Tickets sales low for event to help boy born with heart condition

Emma Jackson
Metro | Ottawa

A Halloween-themed fundraiser for a toddler born with half a heart could be cancelled if more people don't buy tickets soon, according to the Ottawa mom behind the event.

Erika Godin is raising money for travel costs to take her son to Sick Kids for open-heart surgery next spring.

She's planned a children's party complete with trick-or-treating, crafts and games, and visits from Elsa and Spider-man. There's also a silent auction with items ranging in value from $30 to $900, Godin said. Everything from jewelry to family photography packages are up for grabs.

But with less than two weeks until the event and only 10 tickets sold, she's starting to panic.

"It's not going to be worth it if only 10 people come," Godin said.

Her son Mason was born in January 2015 with a rare and complex condition called hypoplastic left heart syndrome, which effectively means he only has half a heart.

At only 20 months old, he's already gone into heart failure once, and has endured two open-heart surgeries. With a third surgery now on the calendar, Godin is fundraising so she can afford the potentially lengthy stay in Toronto.

"Right now Ronald McDonald House isn't looking good," she said. "A lot of people are getting denied."

She takes Mason to Sick Kids several times a year, and if they can't get into Ronald McDonald House her lodgings and food aren't covered.

She'll likely have to book a hotel at more than $100 a night, and depending on complications, Mason could be hospitalized for anywhere from two weeks to five months.

As a single mom who can't work — Mason's too fragile to go to daycare — her only option is to try to fundraise her travel, hotel and food costs.

Mason Godin
HALEY RITCHIE/METRO

But that's turning into more trouble than it's worth.

"I'm a single mom, I don't have a car and my son can't go on the bus," Godin said. "So I can't just go around and hand out posters."

She has to give the Olde Forge Community Resource Centre across from Britannia Park 48 hours' notice if she doesn't think enough people will come.

Plus she'll lose the $500 she's already sunk into planning the event on a fixed Ontario Works income.

It's not like she has a lot of extra cash. Mason's daily care requires expensive blood thinners which are injected into his thigh every 12 hours, as well as $40 sensors that tell Godin how much oxygen is in his blood. If his oxygen dips too low she has to take him to CHEO — a $25 round trip in an Uber, since buses are too riddled with germs for a kid who could die of a common cold.

"I want to raise awareness and for people to know Mason, and to know how much work and money goes into just his daily care," Godin said.

Tickets for the afternoon party are $10 per child or $15 per adult, and include a hot dog, treats, Halloween costume photos and craft materials.

Godin wants to raise between $3,000 and $5,000, including donations and earnings from a smaller free event at Chapters on Rideau Street on Oct. 20.

That event will also include visits from Elsa, superheroes and members of the Paw Patrol, and kids can wear their costumes for a photo. Chapters will donate 15 per cent of registered sales to Godin's cause.

WITH FILES FROM HALEY RITCHIE/METRO

Erika Godin and her son Mason are fundraising to cover travel costs to Toronto when he has his third open heart surgery next year.
HALEY RITCHIE/METRO

HOW TO HELP

If you'd like to help out, visit: **https://www.eventbrite.ca/e/fundraiser-for-mason-and-erika-tickets-27612593009**
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Some restaurants in the ByWard Market are struggling with hydro hikes and parking woes.
HALEY RITCHIE / METRO

Rising costs turn up heat on eateries

BYWARD MARKET

Hydro hikes, parking make life tough, observers say

David Sali
Ottawa Business Journal

News that another acclaimed ByWard Market restaurant is closing its doors is a further indication of a shift in the city's culinary landscape, industry observers say.

The owners of Murray Street announced in late August that the eight-year-old business's last night will be New Year's Eve. They blamed the decision partly on a challenging climate for restaurants in the popular tourist district.

Retail analyst Barry Nabatian of market research firm Shore-Tanner & Associates said a number of factors have contributed to the demise of several high-end restaurants in the neighbourhood. Hydro rates have risen far faster than the rate of inflation over the past several years, he noted, and taxes and insurance costs have also been consistently going up.

Restaurant owners have been forced to pass on some of those increased costs to customers, Nabatian said. But even then, most establishments are reluctant to raise prices enough to completely make up the difference for fear of pricing themselves out of the market.

Nabatian and others say the ByWard Market in particular is going through a bit of a rough patch right now. Murray Street's owners said a lack of parking and a growing perception that the Market is becoming more of a bar destination than a restaurant haven are hurting business.

Ross Tavel, a real estate agent at Royal LePage Performance Realty, agreed.

"I feel like it's turning from what used to be a place where you would want to sort of go as a couple or a family into a nightlife destination," said Tavel, who brokered the sale of Murray Street's building at 110 Murray St. to another group connected to the food industry. "And the traffic is awful. I think that's been driving business away."

Others who keep a close eye on trends in the Market say they are seeing a shift in the type of dining establishments in the neighbourhood.

A number of other well-regarded ByWard Market restaurants have said farewell in the past couple of years, including Domus Cafe and the Empire Restaurant, formerly the Empire Grill.

Nabatian said the ByWard Market, like any other entertainment district, must adapt to changing demographics and evolving tastes if it hopes to stay relevant.

"It just has lost its dynamism and excitement," he said. "It hasn't been changing with the times."

CRIME

City records its 54th shooting

Emma Jackson
Metro | Ottawa

Ottawa's rash of gun violence continued Thanksgiving Sunday as police responded to a shooting near St. Laurent Boulevard.

Police were called to Brittany Drive around 10 p.m. Sunday, where a 24-year-old man had been shot in the buttocks.

He went to hospital with non-life threatening injuries.

Det. Shane Stroughair said the victim is known to police and is not co-operating, but he "can't confirm or deny at this point" whether the shooting is gang-related. No arrests have been made, Stroughair said.

It was the city's 54th shooting of the year, five more than the previous record of 49 set in 2014.

The capital's homicide rate is also creeping up with three months still left in 2016.

On Saturday, police arrested 34-year-old Daniel Adjetey-Nelson after a stabbing on Rosenthal Avenue in Carlington Thursday night left 55-year-old Mitch Paquette dead.

Adjetey-Nelson had been wanted for first-degree murder and turned himself in.

He appeared in court Sunday and was charged with murder as well as theft, since police say he fled the scene in a stolen car.

The stabbing was the city's 14th homicide of the year, and the second in the Carlington neighbourhood in the span of two weeks. In 2015, there were seven murders in Ottawa.

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MARIJUANA

Beau's hedges on idea of weed-laced brew

With legislation legalizing marijuana expected in the spring, Eastern Ontario's largest craft brewery is considering what the changes will mean to the brewing industry, its chief executive said.

Beau's CEO Steve Beauchesne made the remarks in response to an audience member's question asking him if he's consider entering the marijuana sector following a wide-ranging presentation to members of Ottawa's business community about the brewery's history and new initiatives Wednesday evening.

His company has spoken to officials from Tweed, a Smiths Falls marijuana producer that currently supplies pot to licensed medical patients but plans to "aggressively" pursue the recreational market once the plant is legalized.

Beauchesne said Tweed is led by "awesome people" and that he favours "freedom of choice." However, he said he also had social responsibility concerns about the prospect of expanding into marijuana.

Cannabis-infused beer is not something that Beau's is pursuing at the moment, but Beauchesne said he isn't ruling anything out.

"I don't want to say categorically no and I don't want to say categorically yes," Beauchesne said. "If there is a way to do it in a way that's responsible and fun — because for us, if it's not fun, we just don't bother — then maybe."

He added that Beau's, like many breweries and distilleries, doesn't know what impact legalized marijuana will have on alcohol sales.

"I can envision a world in which it increases them. And I can imagine a world where it decreases them," Beauchesne.

"(I) don't think Beau's wants to be standing at the forefront going, 'Hey, we've got a bunch of weed in our beer,'" he said.

PETER KOVESSY / OTTAWA BUSINESS JOURNAL

Plenty of people strolled down Bank Street Thanksgiving Day, not long after the OMB ruled in favour of letting stores choose whether to close on the holiday. ADAM KVETON / FOR METRO

Glebe works the holiday

BYLAWS

Thanksgiving sees stores open, mix of reactions to it

Adam Kveton
For Metro | Ottawa

The Glebe along Bank Street looked busy with foot traffic on Thanksgiving Day, likely owing to the recent OMB ruling allowing the neighbourhood's shops to remain open.

Shop owners and management held varying views, but several, like Dan Orton, store manager at Compact Music, were happy they chose to be open for business.

"The whole neighbourhood seems to be kind of alive today," he said.

Part-way through the day, he said business had been great.

"Nobody really knew how it would go," he said.

For small family stores, being open made a lot of sense, said co-owner of Cats R Us, Bena Gwozdecky.

She's often working at the shop on holidays anyway, so it was good to draw customers as well, she said.

"We have had people begging us, knocking on the door to let them in," during previous long weekends, she said.

However management at Mrs. Tiggy Winkles toy store were on the fence about the Thanksgiving work day and whether the Glebe is enough of a destination for people.

Brittney Pavlovic said she was thankful to have a place to grab some coffee with her parents, though her father, Perry, said store workers need the time off, too.

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Public Storage

Abandoned building at centre of terror lawsuit

COURTS

Tied to 1983 bombings in Beirut

Haley Ritchie
Metro | Ottawa

Passers-by or vandals curious about the seemingly abandoned property at 2 Robinson Avenue in Sandy Hill might assume it has stood empty for four years because of an ordinary reason, such as developer delays or trouble selling it.

Instead, the warehouse-like property in Sandy Hill is in legal limbo — the focus of a complex international court case that ties the building to foreign espionage and 1983 bombings in Beirut.

Now the white-brick building stands quiet. Sometimes, different-coloured cars occupy the overgrown asphalt driveway, but the lights are never on inside.

A break in the fence behind the building encourages graffiti tagging.

While the building has been quiet, the international legal battle for its control has not.

Since 2012, the state of Iran has been struggling to resist the Justice for Victims of Terrorism Act, introduced by the Harper government, in Canadian courts. The act allows victims of violence to seek legal damages from states that fund government-designated terrorist groups.

The majority of the plaintiffs involved in the lawsuit, many of whom have lost family to bombings abroad, were awarded large sums in the U.S. The Justice for Victims of Terrorism Act allows them to continue claiming those sums in Canada.

The large Sandy Hill property is estimated to be worth close to $3 million, and it's one of the non-diplomatic assets the U.S. victims are seeking.

Other assets involved in the lawsuit include a house in Toronto and money seized from Canadian bank accounts linked to the embassy worth over $2 million.

The Ottawa building was once an Iranian Cultural Centre run by a non-profit, Mobin Foundation, and funded by the country's embassy. Inside, teachers offered Farsi lessons and hosted cultural events.

The Mobin Foundation, with offices listed on Carling Avenue, is now listed as "dissolution pending" in corporate records for failure to submit annual filings. The foundation's director is Seyed Adeli, a former Iranian ambassador to Canada.

Before the Iranian embassy was shut down in 2012, the centre attracted criticism after Iranian academics living in Ottawa made accusations of propaganda and spying.

Court documents have pointed towards activities linked to the Iranian Revolutionary Guards and the state's admitted goal to recruit supporters in Canada to "occupy high-level key positions."

The case has been ongoing for four years, complicated by the lack of diplomatic ties between Iran and Canada. In the latest decision made this past summer, Justice Glenn Hainey ruled in favour of the victims of Hamas and Hezbollah.

"Terrorism is one of the world's greatest threats," wrote Hainey in his decision. "The broad issue before the court is whether Iran is entitled to immunity from the jurisdiction of Canadian courts for its support of terrorism."

Iran has argued that its diplomatic immunity should protect its Canadian bank accounts and properties. Hainey disagreed, ordering the properties to be given to the victims.

Colin Stevenson, one of the Toronto lawyers representing Iran, said the country would appeal the decision. He said a date is expected next April.

1 Peeling sign — 2 Robinson Ave. is a piece of Sandy Hill real estate involved in a legal battle between U.S. citizens and Iran.

2 Abandoned — A car outside the seemingly abandoned property at 2 Robinson Ave.

3 Lawn care needed — The overgrown yard outside 2 Robinson Ave.

4 Tagged — A photo of the entrance to the former Iranian Cultural Centre taken in 2015, before anti-graffiti measures were introduced.

5 Under surveillance — Security cameras outside 2 Robinson Ave.

HALEY RITCHIE / METRO

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Dark Knight's tale, with a twist

VOLUNTEERING

Pizza store owner rises to answer call of city's children

Adam Kveton
For Metro | Ottawa

You step out of your Lamborghini, careful not to let your cape get caught in the door.

You look out through your cowl at your city. You wave to the people snapping pictures of you. You tell yourself, "I am the night."

You are Batman — Pizza shop owner by evening, hospital volunteer by day. Those are the kinds of heroes we have in Ottawa, anyway, and here Batman's real name is Justin Dupuis.

The 29-year-old owner of Jumbo Pizza in Rockland has spent his last few months taking sick children on Lambo rides or meeting them at their bedsides while dressed as the Caped Crusader. It's a project that's been about a year in the making, and one that Dupuis hopes to expand and continue for many years to come.

"I'm there to make kids smile," he said.

Though Dupuis is dressing up as the legendary Dark Knight, it's another legend that inspired him to don the costume.

"I grew up loving Batman, Superman, all the super heroes like every kid," said Dupuis. But real inspiration came a couple years ago in the form of an American father who'd taken to visiting sick kids in his Lamborghini and wearing a Batman costume.

That man was Lenny Robinson, perhaps better known as Route 29 Batman.

Robinson had become famous after he was pulled over by police in his Batmobile wearing his full costume. There was a problem with his plates — they had the Batman symbol on them.

The video of the encounter went viral, and Robinson continued visiting sick kids in hospitals and otherwise volunteering for years. He died after being hit by a car in 2015.

Batman, a.k.a. Justin Dupuis, takes a rest on his Lamborghini. Dupuis has been using his sports car to bring smiles to kids for a few years, but now as Batman he's visiting sick kids by volunteering with CHEO and Make A Wish. ADAM KVETON/FOR METRO

But Dupuis wants to see that Robinson's legacy lives on.

"(Lenny) really inspired me," said Dupuis. "I was like, 'Hey, if he can do it, why can't I?'"

Dupuis had already been giving back in a few ways before. Kids often go to his restaurant for birthday parties, he said, so he would give rides in his sports car for a few dollars towards CHEO, Make A Wish and other charities.

But since being inspired by Robinson, Dupuis spent about a year going through various checks with different foundations so that he could visit kids at hospitals just like Robinson used to.

Now his restaurant looks like a double homage: Batman posters and paraphernalia are plastered everywhere, he said, but so are pictures of the children he's taken on rides or met in hospitals. Dupuis' latest encounter was with a 16-year-old named Dawson Corbett. Dawson is awaiting his second kidney transplant. "His dream was to meet Batman," said Dupuis.

Dupuis posted a photo of their meeting on his Facebook page, and promised that Jumbo Pizza will donate 10 cents for every like or comment on the picture. There are a few hundred dollars worth of likes and comments so far.

Dupuis' goal is simple — to bring smiles to as many kids as possible and honour Robinson's legacy.

"There is no better feeling in the world (than making a kid smile)," he said.

So far, Dupuis has visited Sainte-Justine hospital in Montréal and done various visits through CHEO, as well as organized meets with parents themselves.

Some children, as they are undergoing treatment, don't smile for weeks, he said. But a five-minute visit with Batman can change all that.

"If you can make one kid happy … one time a day, one time a week, that makes a difference," he said.

And he is hoping to spread the smiles as far as he can. Dupuis said he wants to visit as many hospitals as possible, and he's willing to go far and wide to do it, just as his predecessor would.

He's also reached out to Robinson's family in the hopes of getting some pointers from them, as well as to show them that Robinson's legacy lives on.

Though, at the end of the day, it's not about Robinson or Dupuis, he said. "Batman is not the superhero. The kids fighting for their lives 24 hours a day are."

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A misspelling of her name on a government birth document has cost Gift Daniel her asylum in Canada. TORSTAR NEWS SERVICE

Typo changes woman's life

GOVERNMENT

Refugee faces deportation over misspelled first name

A typo could be costly, especially when it's in the name on the ID of a refugee claimant.

In a rare appeal case, Ottawa has overturned a decision to grant refugee status to a Nigerian woman, in part because of a misspelling of her name in a government birth document from Lagos. Gift Daniel, 32, now faces deportation from Canada at any time.

What was unusual with the government's appeal is that immigration officials did not challenge Daniel's claim that she was a victim of female genital mutilation and domestic abuse, but contested her credibility on the grounds that she is not who she claims to be.

Daniel, a hairstylist from Benin, arrived in Canada in February 2015 using a false Canadian passport under the name of Desiree Dobson and filed an asylum claim upon landing at Pearson International Airport. She was also in possession of a Social Insurance Number card, birth certificate and driver's licence under the same name, according to federal government officials.

Daniel claimed she was forced to undergo female circumcision in 2012 and was sold by her father a year later to an older man who sexually, physically and psychologically abused her before she fled Nigeria with the help of a smuggler. The refugee board confirmed there was documented evidence of genital mutilation.

Upon her arrival in Canada, Daniel said she declared her real identity to officials as "Gift Daniel" and provided a birth document and driver's licence issued by the Nigerian government as proof.

However, a border enforcement official quickly noticed her birth document spelled her name as "Gife" while her licence spelled it "Gift" — setting off questions by Canadian officials over her identity.

"Identity is clearly an important fact, so important that if not established, there is no need to further analyze the evidence and the claim must fail," the government said in its appeal.

TORSTAR NEWS SERVICE

EQUALITY

Gregoire-Trudeau to open TSX

Sophie Gregoire Trudeau will open the trading day at the Toronto Stock Exchange on Tuesday to mark International Day of the Girl.

She is collaborating with three charitable organizations — G(irls)20, Plan International Canada and FitSpirit — to illustrate how important it is for girls to have equal opportunities to boys.

Farah Mohamed, the CEO of G(irls)20, said it's also important for people to realize that investing time and resources into girls pays off.

The organization frames women's and girl's equality differently from other organizations, using financial language. Mohamed says girls are themselves a resource in which businesses and governments should invest.

Sophie Gregoire-Trudeau CP

Mohamed says when women earn a salary, they tend to put most of the money they make back into the community, which in turn raises the GDP.

After opening the TSX, Gregoire Trudeau will lead a discussion with Canadian girls, "showing that girls and women belong in the seats of classrooms, boardrooms, trading floors, Senate, courtrooms, press rooms and corner offices," says a Plan International Canada news release. THE CANADIAN PRESS

IN BRIEF

U.S. may emulate private refugee-sponsor system

The United States appears to be working toward a system for privately sponsoring refugees, potentially making it the latest country to emulate the program Canada has deployed during the Syrian crisis. A group that works with the government on resettling refugees says a pilot project is in the works.

THE CANADIAN PRESS

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'People will die soon' without aid

HAITI

Hurricane Matthew leaves trail of devastation

A woman and a child sit on a buckets amid the ruins of their home destroyed by Hurricane Matthew, in Jeremie, Haiti, Monday, Oct. 10, 2016. DIEU NALIO CHERY/THE ASSOCIATED PRESS

At a cramped police station serving as a makeshift clinic, Darline Derosier fastened IV drips to jail cell bars, wiped the brows of cholera patients and tended to the wounds of those injured when Hurricane Matthew slammed into Haiti's southwestern peninsula.

She was the only health worker helping about 40 patients Monday inside the station bereft of police as she waited for help to arrive in the hard-hit town of Marfranc nearly a week after the Category 4 storm struck Oct. 4.

Among the patients was an elderly woman lying unconscious on a jail cell floor with a leg bandaged in an old rag and a man with gashes around his neck, his eyes fluttering.

"People will die soon if we don't get some aid," an overwhelmed Derosier said.

The town is a 45-minute drive southwest from the coastal city of Jeremie, where food, medicine and fresh water are finally arriving but still slow to reach increasingly desperate communities.

"We haven't received anything from Jeremie," Derosier said.

The UN humanitarian agency in Geneva made an emergency appeal Monday for nearly $120 million in aid, saying about 750,000 people in southwest Haiti alone will need "life-saving assistance and protection" in the next three months. UN officials said earlier that at least 1.4 million people across the region need assistance and that 2.1 million overall have been affected by the hurricane. Some 175,000 people remain in shelters.

Electricity was still out, water and food were scarce, and officials said young men in villages along the road between the hard-hit cities of Les Cayes and Jeremie were building blockades of rocks and broken branches to halt relief convoys.

A convoy of food, water and medicine was attacked by gunmen in a remote valley where there had been a mudslide, said Frednel Kedler, co-ordinator for the Civil Protection Agency in the Grand-Anse Department, which includes Jeremie.

The National Civil Protection headquarters in Port-au-Prince raised the official nationwide death toll to 372, which included at least 198 deaths in Grand-Anse. But local officials have said the toll in Grand-Anse alone tops 500.

The UN also said the hurricane has increased the risk of a "renewed spike" in the number of cholera cases. A cholera outbreak since 2010 has already killed roughly 10,000 people and sickened more than 800,000.

Roosevelt Zamos of the Civil Protection Agency said there were 40 cases of cholera in Jeremie alone. He said eight people have died of cholera in Grand-Anse since the storm.

The open-air cholera treatment centre at Jeremie's main hospital had no running water Monday, and at least a dozen of the new patients were under age 10.

Etienne Chimene tried her best to soothe her 13-month-old son, Cenelson, who was lying in a wooden bed with a hole cut in it and a bucket underneath.

"I feel like my baby is getting worse," she said as she stroked his head and he whimpered.

THE ASSOCIATED PRESS

U.S. ELECTION

Ken Bone an internet sensation

While supporters of GOP nominee Donald Trump and Democratic candidate Hillary Clinton bicker following the second presidential debate, one participant is being greeted with universal approval: Kenneth Bone.

Kenneth Bone TWITTER.COM

The mustachioed undecided voter from Illinois clad in a red sweater and khakis became an internet sensation Sunday night when he took part in the town hall-style forum by asking the candidates about energy policy.

In a Monday morning interview with St. Louis radio station KFNS, he explained that he was initially unaware of his newfound celebrity because participants in the forum weren't allowed to have smartphones. Bone says he received hundreds of Facebook friend requests and gained thousands of Twitter followers.

"I'm going as myself for Halloween. It will be the best costume ever," he said. THE ASSOCIATED PRESS

ALEPPO

Medics plead for access to besieged Syrian region

Doctors Without Borders pleaded on Monday for access to treat the wounded in the rebel-held part of Syria's Aleppo as government forces pressed ahead with an offensive that has killed hundreds of people in recent weeks.

The international charity, also known by its French acronym MSF, said in a statement that medical workers in Aleppo are exhausted and that the overstretched facilities face an impending fuel shortage. MSF, which supports eight hospitals in Aleppo's besieged eastern quarters, says just 35 doctors remain, serving a population of 275,000.

The UN has warned that the Aleppo bombardment by Syrian and Russian warplanes could leave thousands more dead by the year's end.

"Russia and Syria must stop the indiscriminate bombing now and abide by the rules of war," said Pablo Marco, MSF's operations manager for the Middle East.

In another besieged area near the capital, Damascus, doctors reported up to two dozen cases of kidney failure that they said resulted from malnutrition. Muhammad Darwish, a local physician, said doctors confirmed renal failure in 12 people in the town of Madaya and were investigating another 12 cases.

Government forces have laid siege to Madaya, home to some 40,000 people, since late last year.

"We are only eating carbohydrates. We aren't receiving any vitamins or protein," said Darwish.

The government has prohibited the UN from delivering seeds or dialysis kits to the town, in what the opposition says is a strategy aimed at forcing the town to surrender.

THE ASSOCIATED PRESS

IN BRIEF

Rail service resumes at Hoboken station

Rail service resumed Monday at a transit station in Hoboken, New Jersey, which was damaged when a train travelling more than twice the speed limit crashed, killing a woman on the platform and injuring more than 100 other people. THE ASSOCIATED PRESS

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Delivery by drones coming

TECHNOLOGY

Canadian firm gearing up to provide first drone services

Paul Di Benedetto, CEO of Drone Delivery Canada Inc., with their third prototype in their Vaughan office. TORSTAR NEWS SERVICE

Drone Delivery Canada began testing drones over a field at the University of Waterloo this week, joining an elite club of companies worldwide vying to drive drones from the prototype stage into commercial use.

"We're all in the same boat, we're all developing this technology, we're perfecting the platforms and once the legislation is there then everyone becomes operational," said Tony Di Benedetto, Drone Delivery Canada CEO.

While drone deliveries by air may seem like part of a distant future, those inside the industry say it's on the cusp of becoming a reality.

"It's not really far-fetched, it's not science fiction, it's getting closer to real applications," said Hugh Liu, a professor at University of Toronto, Institute for Aerospace Studies (UTIAS).

"How long for commercial drone deliveries? It's hard to say. In a year or two, we'll probably see some sort of delivery exercise, maybe not full-scale commercial usage, but a pilot project being done in Canada."

Under current regulations, unmanned drone deliveries cannot be made in Canada — permits allow air drones only within visual sight lines and in restricted areas — but Transport Canada is exploring changes to address the growing popularity and economic importance of drones and integrate them safely into Canadian airspace, according to spokesperson Natasha Gauthier.

Di Benedetto thinks commercial drone deliveries in Canada may be as close as 2017. He said retailers, municipalities and multinationals are interested in the technology and so are government agencies, including Canada Post, which is looking for ways to cut costs.

Using drones to make mail deliveries was listed as a possible option for the future in a discussion paper released in September: Canada Post in the Digital Age.

"We look at all innovations in the marketplace to see if they can assist in our role of serving all Canadians. At this time though, we have no plans to introduce drones," said Canada Post spokesman Jon Hamilton.

Drone Delivery Canada is testing different-sized drones for different uses. The eight-rotor HL-80 Heavy Lift prototype at their development lab in Vaughan measures 77 inches and carries a box with enough room to carry mail for a small neighbourhood — but not door-to-door. It could potentially carry mail from one postal depot to another, where it could be processed and delivered by postal workers or picked up by residents.

"We can get trucks off the road, reduce emissions, pollution and provide quicker access, specifically in rural remote areas," said Di Benedetto.

TORSTAR NEWS SERVICE

SOCIAL MEDIA

Facebook for work launched

You probably already use Facebook at work. Now, Facebook is creating a separate version aimed at helping you do actual work instead of catching up on baby photos and campaign chatter.

Facebook is launching a communications tool for businesses, nonprofits and other organizations. Called Workplace, the platform is ad-free and not connected to users' existing Facebook accounts. Instead, businesses sign up as an organization and pay a monthly fee based on the number of users. It's free for nonprofits and educational institutions.

Julien Codorniou, head of Workplace at Facebook, said in an interview that the tool's aim is to "connect everyone" in all sorts of workplaces — from desk-bound professionals to on-the-go employees who don't have email or a computer.

Facebook says the top five countries now using Workplace are India, Norway, the U.S., U.K. and France.

THE ASSOCIATED PRESS

AWARD

Economists win Nobel for showing how contracts work best

Let insiders easily cash in stock options, as Enron did, and you risk seeing executives abandon a failing company. Encourage contractors to sacrifice quality to cut costs and you might cause problems like those that led the U.S. Justice Department to phase out privately run prisons.

Designing contracts is a tricky business. For their groundbreaking work on how to make contracts fairer and more effective, Oliver Hart of Harvard University and Bengt Holmstrom of the Massachusetts Institute of Technology won the 2016 Nobel prize for economics Monday. They will share the 8 million kronor ($930,000 US) award for their contributions to contract theory.

For decades, the two men have studied practical problems involving the countless kinds of contracts that underlie modern commerce:

How should companies pay their executives? What types of tasks should government agencies outsource to private contractors? How best to write an auto insurance policy to protect drivers from financial loss without lulling them into carelessness?

Hart, 68, is a London-born U.S. citizen who has taught at Harvard since 1993.

Holmstrom, 67, is an academic from Finland who formerly served on the board of the country's mobile phone company Nokia.

Economists who have long known the two men and their work offered warm praise Monday.

"This is the Nobel Prize in economics at its best," said George Akerlof of Georgetown University, who won the prize in 2001. "The character of both Bengt and Oliver shines through in their work and their character: They are true intellectuals and truly great people."

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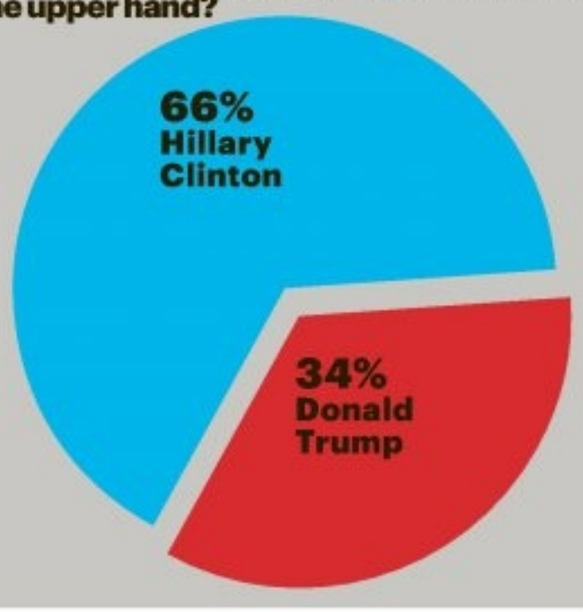
metro VIEWS
Your essential daily news
Tuesday, October 11, 2016

METRO POLL

Clinton vs. Trump, Round 2 scorecard

In the red corner, Donald Trump, reeling after a week's worth of news bombshells that rocked his campaign. In the blue corner, Hillary Clinton, leading the polls and enjoying the show. Sunday night's debate, the second of three between the candidates, was a vicious affair. Last time, Metro readers deemed Clinton the winner by a 54-46 margin. Here's what you said this time.

1 Who came away from that nasty slugfest with the upper hand?



2 Did anything you heard change your mind?

88% No. "They both suck."
12% Yes. "Clinton's a lot more classy than I thought."

3 What were the best lines?

You can say any way you want to say it, but Bill Clinton was abusive to women.
It's good that ... Donald Trump is not in charge of the law in our country ...
...because you'd be in jail.
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HAVE YOUR SAY

Low-income transit pass: the will equals the way

COLLINS' CAPITAL

Steve Collins

Even with details tantalizingly unavailable for now, the announcement that this year's budget will include a low-income transit pass of some sort is to be welcomed, applauded — and followed up with unblinking scrutiny.

But, wow, what a rush. Gone were the too-familiar caveats over which budget would yield the money, which cut would offset it, or whether the province might pick up the tab (Mayor Jim Watson now says the city will go ahead, and offer a deeper discount should the province get onboard).

Not that the ifs and buts of the matter aren't important practical considerations, but they all too often seem to be a way of saying, "We can't do this," rather than, "How are we going to do this?" I always cringe to hear civic officials preaching the gospel of living within our means to citizens with the least means. It was stirring to hear a commitment to just do it.

We'll see what comes out the other end of the sometimes hope-grinding budget process, but since this idea failed to squeeze into the fiscal picture last year, those ifs and buts have gotten some useful scrutiny, including the estimated annual costs of various versions of the low-income pass, from a bare-bones $1.3 million to the deluxe $8.2 million.

One middling option, a 62 per cent discount for low-income riders who don't qualify for a Community Pass, would cost about $3.3 million annually — equal to OC Transpo's projected surplus this year.

The idea's far from radical. Targeted discounts already abound on the transit system. Last month, OC Transpo, in reply to an inquiry from transit commissioner Francois Malo, broke down the annual subsidies already afforded to different categories of transit rider. None of these would be easy to argue against, and all point to one obvious omission.

The seniors' subsidy is the priciest, at $6.9 million ($4.9 million for seniors' passes, $1 million each for cheaper single-ride fares and free Wednesdays). And it's not means-tested, as the proposed low-income pass would be. If you're 65 or older, you're in.

Given seniors' political clout— higher voter turnout, growing numbers — few politicians would dare touch this (and it's a braver columnist than yers truly who would argue that, after coughing up a whack of taxes over their six-plus decades, our elders haven't paid their dues).

The second-biggest chunk, $5.7 million, goes to ODSP recipients who buy a Community Pass. This one comes not from OC Transpo, but the Community and Social Services budget, which in turn mostly comes from the province. The city considers a low-income pass a social service, hence their argument Queen's Park should shell out.

We also give breaks to students ($3.5 million), Para-Transpo registrants ($200,000) and everybody on Canada Day ($200,000). The only glaring absence from the list is, well, people who simply can't afford the stiff and ever-rising fare.

Using the low-income cutoff (LICO) of around $20,000 for an individual or $38,000 for a family of four will still leave some less-than-flush riders at the curb, but it's a great start. Let's go.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

Women and taxpayers left to pay for Mounties' misdeeds

I had reason to call the RCMP last week, and a woman picked up the phone at the Surrey detachment.

It was Thursday, and I wondered what it was like for her to walk into that office the morning of a historic, landmark settlement over harassment, abuse, rape and discrimination of women within the Mounties' ranks.

What were her colleagues saying? Did she ever experience the kind of treatment that will net at least 1,000 current and former RCMP employees a share of the $100-million settlement? Or does she count herself lucky?

This settlement — announced last Thursday — is also for her. Both symbolically and, one hopes, in terms of real change with the organization, it is for any woman who would want to join the RCMP in the future, and every one of them who's ever joined.

And it raises many other questions: Why did it take so long? The two class-action lawsuits against the RCMP that led to the settlement were first filed in 2011. In 2013, Bob Paulson, the RCMP commissioner, announced a "Gender and Respect" action plan, after which more women continued to join those lawsuits.

Paulson became choked up as he announced the settlement. Are other male RCMP officers also emotionally torn by the abuse faced by their fellow officers? What is their role in fighting the "potent minority" that Paulson and two of the complainants, Janet Merlo and Linda Davidson, claim is responsible?

What about the male police officers who committed these crimes? Will they be held accountable? The settlement process will be confidential, even to the RCMP, which suggests nothing will happen to them. And even if they are reprimanded in some way: Will they change?

What of other police forces scattered across the country? What about the three police officers in Toronto currently facing charges for gang raping a fellow officer?

And what of us, the citizens who will ultimately pay for the machismo, the violence, the cruelty, and the sexism and misogyny displayed by men in the RCMP who we pay to keep our country safe?

We might support this settlement (I do with every cell), but that doesn't change the fact that it was first and foremost women and sexual minorities who paid the price — with their careers, mental health and sense of safety.

Secondly, it will be us, Canadian citizens, who pay cash for this suffering.

I'd love to be proved wrong, but just like the Canadian military report into sexual harassment and assault revealed a toxic workplace, but no list of culprits, I expect the same will be done here.

Criminal behaviour won't, in the end, be paid for by the criminals.

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metro LIFE

Your essential daily news

Tuesday, October 11, 2016

Drake earned a record-breaking 13 American Music Awards nominations for his latest album, Views, shattering Michael's Jackson's mark of 11 nominations in a single year from 1984.

For those stretched to the limit

TREND

Earlobe reconstruction has spiked in popularity

Perry King
For Metro Canada

Bradford Wagner, 29, received earlobe reconstruction surgery last year after first expanding his lobes at 18. ABOVE PHOTO BY PERRY KING, PHOTO ON LEFT PROVIDED BY BRADFORD WAGNER

Bradford Wagner was a huge metalhead in his teens, and he had the one-and-a-half inch earlobes to show for it. Punched out and expanded to fit spacers when he was 18, his lobes were part of Wagner's immersion into the underground music scene.

"A lot of my peers then had them, and I liked the look of them and, to be frank, I wanted to fit in." But as he neared the end of his 20s, fading from punk and working as a sous chef in Toronto's financial district, Wagner began re-evaluating those dangling lobes.

"It was a new phase in my life and I needed a change," said Wagner, now 29.

Wagner is not alone — many young people who have stretched their lobes for various reasons are considering repairing them. Dr. Kristina Zachary, a Calgary-based plastic surgeon who specializes in head and neck procedures, has repaired about 50 pairs this year alone — about four procedures a month on average. Though procedures have been done in the past to reset torn and stretched ears, the surgery has become a "generational phenomenon," she says.

"They have grown tired of the stretched earlobes, or they're entering into a field of work where it's a little more conservative, and they don't want to have a non-conservative appearance," said Dr. Zakhary, who has been practising for 12 years.

"Typically they're young; there's an even proportion of males to females," she added. "Usually, they're between age of 18 to, I would say, 40, and they're usually people who have had their earlobes stretched with those circular earrings and have changed their minds about (them) because of different factors."

When Wagner was committed to repairing his ears, he did his research and eventually worked with Dr. Marc DuPere at the Visage Clinic in Toronto to have it done.

Dr. DuPere, who performs the surgery 50 to 70 times a year, has seen similar increasing interest in the procedure. "Many did it when (they were) younger and now see some obstruction to a better job in a highly competitive market, along with the 'expected' look that someone should have in a more conservative professional environment," wrote Dr. DuPere in an e-mail.

Wagner wasn't worried about his appearance at all, but felt the move was necessary for his personal growth.

"I consider myself a new person, almost," he said.

NEED TO KNOW

Lending their ears

Earlobe reconstruction is seen as non-invasive and relatively quick compared to other cosmetic procedures — about half an hour per ear. The surgery is done under local anesthesia and the lobes are closed with sutures and stitches are put in place. There are minor complications, including swelling and pain after the anesthesia subsides — patients are given a few Advil or Tylenol at most. Most patients return to school/work the next day. All the ears look good as new after the scarring has subsided.

30
Minutes of work per ear, on average.

7-10
The number of days the stitches are in.

6-8
Number of weeks to go without earrings

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Would you pay for a date planner?

TREND

Kate McNamara has made a business out of fun itineraries

Megan Haynes
For Metro Canada

Ottawa-based Kate McNamara plans mystery dates for her clients based on preferences and budget. COURTESY EMILY BEEKMANS

Ottawa-based Kate McNamara has been planning dates for friends and family for years.

And with so many people in her life having recently gotten married, she often dishes out the dates as wedding presents. For one couple, McNamara started the day off with instructions (and supplies) to make crafts at home, followed by lunch over a board game at a new restaurant, then on to antiquing before finishing off the day with a homemade Italian dinner. For another, she sent them skating in a park, followed by a couple's pedicure, capped off with dinner at a fancy restaurant.

She's turned her knowledge of the city and all that it has to offer into a growing business, A Date by Kate. She chooses the activities and restaurants based on daters' budgets and surprises them with a secret agenda just before their big night out. She tailors the dates based on their personalities, and encourages them to try new things, like couples' pedicures or sending a shy pair to a sex shop.

Over the last three years, McNamara has planned over 75 dates as a hobby.

But at this year's Women's Show in Ottawa on Oct. 22, the 26-year-old event planner is growing her business. Her plan is to act like a dating concierge: she'll plan mystery dates for clients based on their preferences and budget. It could be anything, from learning to make a cheesecake at a local bakery to a behind-the-scenes tour of a brew house.

She'll coordinate restaurant reservations, day-of setup (for activities like picnics in the park) and even book overnight accommodations. Her clients won't know what she's planning until they receive their instructions ahead of their dates. (She's also planning more "mass" options, like a bucket of dating ideas that aren't customized, complete with discounts and coupons, which clients can do at their own pace.)

It's not cheap: her concierge services start in the low $200s, plus the cost of the date, but she says these personalized custom dates are good gift ideas for newlyweds and recent parents, or even those just looking for a bit more adventure.

The idea, she says, is people are busy and often don't have time to plan extravagant nights on the town, but many millennials are looking for unique experiences. She's catering to that niche.

Hers is not the only business that's popped up in recent months to cater to people looking for a bit of mystery mixed with adventure: earlier this year, U.S. travel company Pack Up + Go launched, sending people on a surprise trip. People enter their budget and how far they wanted to travel (in the city, by car, by plane), and the San Francisco-based company handles the rest. Clients are told generally what to pack (beachwear, hiking shoes, etc.) but the destination is kept a secret until departure.

Millennials are increasingly hunting for these types of unique and unusual experiences, says Carol Wong-Li, a senior analyst at research firm Mintel.

In a recent survey, the young adult cohort was the only one to list entertainment as a priority for how to spend discretionary funds, she says.

And it's not surprising: given most of millennials' lives are spent on social media, there's an inherent desire for Gen Y to look for these cool and unique experiences as a means of social currency, she adds.

Shannon Simmons, a financial planner and founder of New School of Finances who deals largely with millennial clients, says while on the surface paying someone else to plan dates or vacations might seem frivolous, for millennials it's par for the course.

Economically, with lower and stagnated wages and a loss of job security, millennials feel they're worse off than their older counterparts, she says.

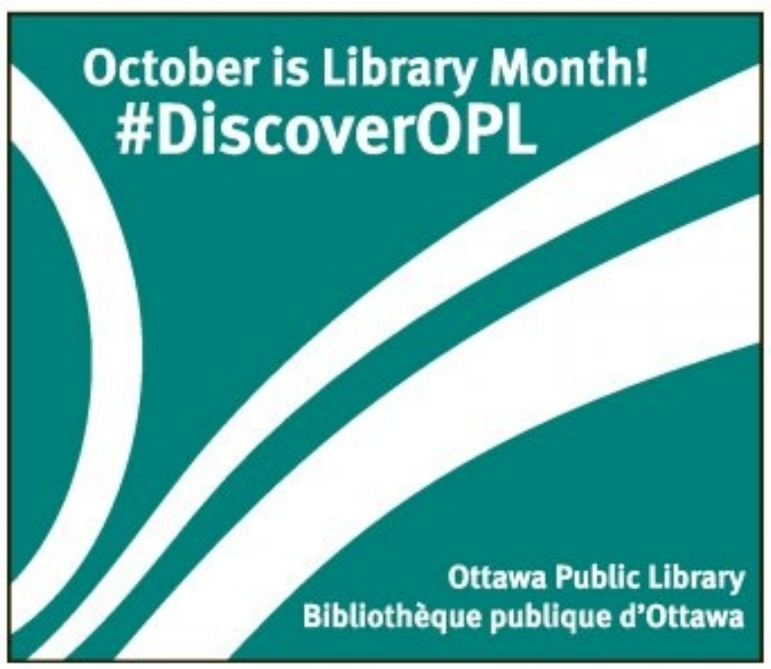
"I think we got handed a little bit of a crappy deal with regards to the job market," she says.

"So if we have some discretionary money, I think we want to spend in places that make us feel good and are fun.

"There's nothing wrong with that."

$ MONEY

Priorities
According to Carol Wong-Li, a senior analyst at research firm Mintel, millennials are on the hunt for unique experiences. And in a recent survey, millennials were the only age cohort to list entertainment as a priority for how to spend discretionary funds.



JOHANNA SCHNELLER WHAT I'M WATCHING

JT concert begins with prayer

THE SHOW: Justin Timberlake and the Tennessee Kids (Netflix)
THE MOMENT: The ecstatic communion

On an elaborate stage in Las Vegas, Justin Timberlake and a large pop/jazz orchestra perform the final concert of their two-year tour. Twenty cameras capture the action from every angle.

At one point, a camera looks out from the back of the stage, over the keys of the piano. Timberlake stands at the front of the stage, two levels down, far away, bathed in light. His back is to the piano, but that doesn't matter, because the keyboardist intently watches his every physical cue. Timberlake doesn't have to look at him. He knows he'll be obeyed.

Like many concerts, this one begins with a group prayer. I've puzzled over why so many music superstars, who lead pretty racy lives, consult with a higher power before stepping on stage. But after watching this concert doc from the great Jonathan Demme, I may have figured it out: God is the only one who's big enough to understand them.

Is Timberlake the preacher or the deity himself? Several times, his head fills the video screen behind him, like the Great and Powerful Oz. The earpieces are marked "JT." The guitar picks, too.

Either way, the audience members are true believers. He lifts a finger; they cheer. He puts a hand to his ear; they chant his lyrics. They are gathered here to participate in the communal joy of bringing sexy back.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BOOK EXCERPT **A NUMBER OF THINGS, BY JANE URQUHART**

The cowcatcher

Lady Susan Agnes Macdonald, second wife of our much-praised and frequently criticized first prime minister, turns out to have been an unusual woman, especially if one considers the times, and the places, that influenced her life.

Daughter of a Jamaican plantation owner, she would have witnessed not only the daily brutality and moral corruption of owning slaves, but also some of Jamaica's most bloody and ultimately successful uprisings.

For obvious reasons, her father's fortunes did not fare well in Jamaica after the 1838 emancipation of the slaves, and when he died in 1850, the family moved to Ontario, where Hewitt, one of her two brothers, became secretary to a man called John A. Macdonald, the attorney general of Canada West (as it was named at the time).

Living in Ontario did not prevent Agnes from making frequent trips to the mother country, and thus it was that in 1866 she happened to be in England for the London Conference, during which the British North America Act was hammered out in preparation for Canadian Confederation.

John A., allegedly a great wit, announced that he had become so fond of the notion of unity he felt he should try it out once again himself, and the two were married and even managed a short honeymoon in Oxford while the conference grumbled on around them.

The BNA Act was duly draft and signed, and when the Dominion of Canada was born on July 1, 1867, John A. became Sir John A. and his wife became Lady Macdonald. Years later, in 1886, as first lady to the first prime minister, Agnes would accompany her husband on his only journey to the West Coast — one that would be taken on the almost new transcontinental train, the last spike having been driven into the earth of British Columbia in 1885.

Sir John was in his second incarnation at the time: the Pacific Scandal, in which the construction of the railway was politically encouraged by massive campaign donations from promoters of same, had thrown him out of office for a while in the 1870s. His problems with alcohol had not abated to any noticeable degree, and if there was a bar car, he was likely spending a consider- able amount of time in it.

Travel in previous centuries astonishes, especially if one considers the amount of time spent moving over land or across oceans without showers or sleeping pills. This added to the very real dangers along the route (weather, mechanical failure, accidents, disease), arguably made any travel extreme travel.

In spite of this, Lady Agnes apparently wanted adventures even more thrilling than those already provided, and when the train eventually reached the Rocky Mountains, she announced to a thunderstruck superintendent that she would be travelling on the engine's cowcatcher for the final six hundred miles of the journey to avail herself of a better view.

She was able to persuade her husband to join her for only thirty miles, but from the sounds of her diary, his absence in no way diminished her enjoyment. Perhaps her enthusiasm encouraged her husband to think seriously about preserving such extraordinarily beautiful landscapes, as shortly aft the couple returned from the west, Sir John established Yoho and Glacier national parks, two of our first mountain parks.

Lady Agnes never forgot the mountains.

And the mountains would remember her as well. There is a small body of water near the top of Mount St. Piran called Lake Agnes, and Mount Lady Macdonald looms over Canmore.

And her excitement en route is touchingly expressed in By Car and Cowcatcher, her published account of the experience. Reading it, one feels one is sitting right beside her on the biscuit box that the engineer had affixed to the triangular iron platform as a provisional chair.

"There is glory of brightness and beauty everywhere," she enthuses, "and I laugh aloud on the cowcatcher, just because it is all so delightful."

EXCERPT FROM: A NUMBER OF THINGS: STORIES OF CANADA TOLD THROUGH FIFTY OBJECTS BY JANE URQUHART
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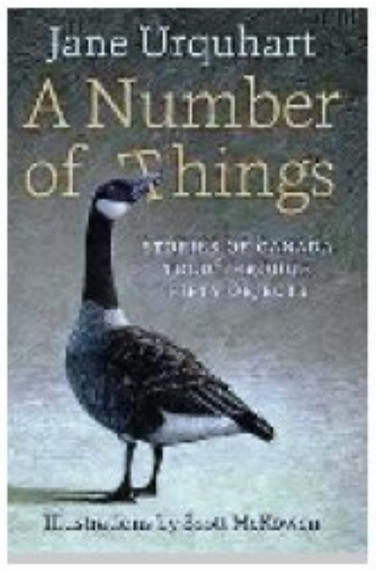

In her new book, **A Number of Things: Stories of Canada Told Through Fifty Objects**, author Jane Urquhart explores 50 unexpected artifacts that explore the history of the nation. On sale today, this is her gift to Canada as we prepare to celebrate the 150th anniversary of Confederation.

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YOU CAN DO THIS REGISTERED MASSAGE THERAPY

'I'm a mechanic of the body'

WHY I LIKE MY JOB

Chen Weinberg, Registered Massage Therapist and Acupuncturist at Neshama Therapy in Toronto, Ont. (neshamatherapy.com)

I've always had a passion for helping people. From a young age I felt connected with alternative health care, and I decided to take this one step further by learning traditional Chinese medicine and acupuncture to better address the various health issues a person may experience. After becoming a Shiatsu Master, I moved to Toronto from Tel Aviv to complete my Western medicine studies and to incorporate medical massage therapy into my practice.

I'm now a graduate of the prestigious Sutherland-Chan School & Teaching Clinic, as well as the Shiatsu School of Canada Acupuncture Institute. In 2007, I opened a home-based practice, where I treat and educate my patients to help enhance their body-mind-spirit connection and integrate their physical, mental and emotional selves into a cohesive whole.

I'm a mechanic of the body; a detective tasked with assessing, diagnosing and treating patients to help reduce pain dysfunction and emotional stress while also improving their quality of life. I enjoy seeing the immediate effect of relaxation in my clients. There is a feeling of satisfaction in bringing back good, positive energy to people. After all, we're all connected — so healing one person can truly help heal the world.

THE BASICS: Registered Massage Therapist

$40,237

Median annual salary for a registered massage therapist. Experienced RMTs can earn **upwards of $66,000** per year.

+12%

Projected job growth rate over the **next eight years.**

Data for this feature was provided by payscale.com, trade-schools.net, servicecanada.gc.ca and onetonline.org

HOW TO START

Standards and practices governing massage therapists vary from province to province. RMTs are currently regulated in four provinces, including B.C. and Ontario, requiring competency-based exams and registering with the provincial College of Massage Therapists. Formal college programs provide both theoretical and hands-on training in human anatomy, body awareness, neurology, pathology and therapeutic exercise. Student RMTs can expect to receive nearly 3,000 hours of hands-on training in the treatment of various injuries and illnesses.

WHERE YOU CAN GO

People are increasingly turning to holistic health practices to relieve stress or pain and to treat body imbalances. The widespread endorsement of massage therapy by healthcare practitioners has opened several opportunities for RMTs in health clinics, nursing homes, spas, resorts and hotels, gyms and rehabilitation centres. Additionally, many professionals choose to launch and operate their own business.

REQUIRED SKILLS

Working in this field demands a high degree of functionality in social perceptiveness, clinical knowledge and judgment, physical stamina, manual dexterity, professionalism and trustworthiness.

FREE ENGLISH CLASSES

Ottawa Chinese Community Service Centre (OCCSC)

400 Cooper St., Suite 2000, Ottawa

For more information, call: 613-235-4875 ext.126/128

Language Instruction for Newcomers to Canada (LINC)

- Part-time with flexible schedules; evening and Saturday classes available LINC 1-6
- Three attractive locations: Central, Barrhaven and Kanata
- Free childminding (19 months to 6 years) for weekday morning classes

In LINC classes at OCCSC, you will learn about:

- Job Market – Employment preparation
- Post-secondary education
- Canadian society (culture, communication) and many other topics of importance and interest to newcomers

NEW BOOK

Grace Bonney on success

Grace Bonney started her blog, Design*Sponge, at 23 and it quickly evolved into a business.

The lifestyle blog, which covers art, design, interiors and travel, can teach you how to make DIY wooden planter boxes and pet name tags, but also how to DIY a business, with advice for working from home and overcoming failure.

Twelve years later, Bonney, who lives in New York's Hudson Valley, is releasing In the Company of Women: Inspiration and Advice from Over 100 Makers, Artists, and Entrepreneurs, a collection of Q&A interviews with women who also run their own shows, including Neko Case, Roxane Gay, Tavi Gevinson, Christy Turlington, Carrie Brownstein, Mary Lambert and Issa Rae.

In the book, Bonney asks one of two sets of general questions about childhood and lessons learned the hard way. Torstar News Service put some of the same queries to Bonney herself.

Grace Bonney is the author of Company of Women: Inspiration and Advice from Over 100 Makers, Artists, and Entrepreneurs. CHRISTOPHER STURMAN

What's the best piece of advice you have received?

Let go and really embrace the idea that no matter how experienced you are in your business, the hurdles are always there and they get even more complex — but the reward of getting through them gets more fulfilling.

Is there a certain mistake that led to success, eventually?

Most of my mistakes come in the form of team management. Early on I made the mistake of thinking I had to be friends with everybody. I was so concerned with people feeling comfortable and supported I never asked for what I actually needed. When I ultimately realized that being direct and assertive and telling people what I needed, it created an easy, clear work environment and it's flowed a lot better since I've become more direct.

Is there a tool, object or ritual you couldn't work without?

It sounds boring, but my iPhone. I do everything from my phone. I do all our social media, answer emails, record videos. I could live without my laptop but not my phone. We had to not use that answer for a lot of people. It was like, iPhone, iPhone, iPhone over and over again.

What does the world need more of?

More listening and less talking.

TORSTAR NEWS SERVICE

metro SPORTS

"It's something I'm not going to forget": Rangers second baseman Rougned Odor whose error let the Blue Jays score the series-clinching run

Jays earn welcome break

MLB PLAYOFFS

Suddenly hot Toronto team begins ALCS on Friday

September was a month the Toronto Blue Jays would like to forget.

If they keep up their current level of play, October could very well be a month they remember.

The Blue Jays defeated Texas 7-6 on Sunday night to eliminate the Rangers from the post-season. The victory gave Toronto a welcome break before the start of the American League Championship Series on Friday.

> **We are who we are. We have to slug it out. That's really our identity.**
> Manager John Gibbons

After going just 11-16 last month, Toronto is a perfect 6-0 in October after a pair of critical regular-season wins in Boston, a wild-card victory over Baltimore and a three-game sweep of Texas.

"We turned the page on September," said Blue Jays manager John Gibbons. "It wasn't necessarily a good month for us but now we're in October. So that's sometimes the way the game works too — month to month."

Toronto's offence is a big reason why the team has moved on to baseball's final four.

The Blue Jays have outscored (27-12) and out-homered (10-3) the opposition in the playoffs. Edwin Encarnacion has led the way with three homers in four post-season games.

In the other AL Division Series, Cleveland took a 2-0 series lead into Game 3 at Boston on Monday night. The winner of that series will host the first two games of the ALCS.

"What happened in September doesn't matter," said Blue Jays slugger Jose Bautista. "We made it to the playoffs. We made it to the League Championship Series and that's the only thing that matters. We're doing our job."

Second baseman Devon Travis is nursing a bone bruise in his right knee and will welcome a few days off. The Toronto bullpen, which has been worked hard in recent weeks, could also use the break.

"Some people like to say a couple of days off might throw our timing off, I really don't believe in that," said Blue Jays catcher Russell Martin. "At this point in the year a couple days off can do wonders. So for our bullpen, our pitching, get everybody's arms fresh. And the same thing for guys who are banged up.

"A couple of days can go a long way in this game it seems like."

Two key Toronto pitchers remain out. Left-hander Francisco Liriano suffered a mild concussion last Friday and can return to the roster once he goes through Major League Baseball's seven-day concussion protocol.

There is no timeline for the potential return of right-handed reliever Joaquin Benoit, who is making progress as he recovers from a torn calf muscle.

"Now you get a few days off to catch your breath a little bit, which is really, really big for our group I think," Gibbons said. "But you know, we are who we are. We have to slug it out. That's really our identity."

THE CANADIAN PRESS

Blue Jays players converge on Josh Donaldson after he scored the winning run in the 10th inning of Game 3 of their ALDS against the Rangers on Sunday night. TOM SZCZERBOWSKI/GETTY IMAGES

Long ball back in a big way

All the big home runs in the first week of the post-season should not be a surprise. The long ball is back.

There were 5,610 home runs during the regular season, second only behind the Steroids Era high of 5,693 in 2000.

Already in the young playoffs, Toronto's Edwin Encarnacion homered to win the AL wild-card game, San Francisco's Conor Gillaspie had a go-ahead, ninth-inning drive in the NL game and Cubs pitcher Travis Wood became the first reliever to hit a home run in the post-season since 1924.

Home runs create a buzz at the ballpark — especially in the dugouts. Cleveland's Roberto Perez, Jason Kipnis and Francisco Lindor all homered in a single inning of the Indians' AL Division Series opener against Boston.

"After the first one, it was exciting. After mine, it was even kind of getting nuts in there," Kipnis said. "And the third one, our dugout was kind of losing it."

THE ASSOCIATED PRESS

1,424

The increase in home runs from 2014 (4,186) to 2016.

Concussion puts Sid's hot streak on hold

NHL

Pens ace playing best hockey of his life prior to latest setback

Sidney Crosby was playing the best hockey of his life. Now his extraordinary year is on hold and no one is sure when he will be back on the ice.

Pittsburgh said Monday that its superstar centre has been diagnosed with at least his third concussion just a few days before the defending Stanley Cup champion Penguins open their season.

Crosby has been in dominant form, clearly the best player in hockey. He finished as a Hart Trophy finalist as league MVP, won the Conn Smythe Trophy as playoff MVP and led Team Canada to the World Cup title just a few months after winning his second Cup with the Penguins. His short- and long-term future is in doubt after another concussion, an injury that has dogged him off and on over six years.

Sidney Crosby's health has been thrown into uncertainty again due to concussion concerns. NATHAN DENETTE/THE CANADIAN PRESS FILE

Coach Mike Sullivan told reporters that Crosby was concussed in practice Friday and that there was no timetable for his return. The diagnosis came as the Penguins prepare to raise their championship banner Thursday night before a home game against Alex Ovechkin and the Washington Capitals.

Sullivan declined to reveal how the concussion happened. General manager Jim Rutherford said Crosby was held out of the preseason finale against Columbus on Saturday because he wasn't feeling well and didn't practice Monday to go through concussion testing.

"Our medical staff will take the appropriate measures moving forward," Sullivan said.

The 29-year-old Crosby took blows to the head during the 2011 Winter Classic and in his next game that year, on Jan. 5 against the Tampa Bay Lightning. He was out until November. A hit Dec. 5 knocked him out until March, with the combined absences limiting Crosby to just 69 games over two seasons from 2010-2012. A broken jaw ended Crosby's lockout-shortened 2013 season.

Crosby has 338 goals and 600 assists in 707 NHL games. Four months ago, he led the Penguins to the fourth Cup in franchise history after piling up 85 points in 80 games.

Concussions have been a thorny issue for the NHL in recent years, as they have for the NFL and other sports. The league stiffened penalties for hits to the head in hopes of reducing injuries, but more than 100 former players have sued the NHL and alleged it had the resources to better prevent head trauma.

THE ASSOCIATED PRESS

SOCCER

FIFA face legal action over 'slavery' in Qatar

A Dutch labour union said Monday it will launch legal action against FIFA if soccer's governing body does not step in to halt what it called "modern slavery" in the construction of venues for the 2022 World Cup in Qatar.

Dutch union FNV, which is taking legal action along with 21-year-old Bangladeshi worker Nadim Shariful Alam, said it wants "FIFA to accept its responsibility and end exploitation of workers" in construction work ahead of the tournament.

The union is the latest organization to call for action against poor working conditions for labourers since Qatar was awarded the hosting rights. The gas-rich emirate is preparing eight new and renovated stadiums for the 2022 tournament.

Qatar is relying heavily on workers from south Asia who are tied to the "kafala" system of sponsorship common in Gulf nations, which critics say exposes migrants to exploitation.

THE ASSOCIATED PRESS

IN BRIEF

Belgium net quickest goal

Belgium scored the fastest goal in World Cup qualifying history when Christian Benteke slotted home against Gibraltar after only seven seconds Monday.

The previous record since detailed timing was kept was held by San Marino's Davide Gualtieri, who needed 8 seconds to score the opener against England in a 1993 qualifier.

THE ASSOCIATED PRESS

Time off for ill Bronco's coach

Broncos GM John Elway says doctors have ordered coach Gary Kubiak to take a week off after experiencing a migraine and that special teams coordinator Joe DeCamillis will serve as interim coach Thursday night in San Diego.

Kubiak was lethargic following Denver's 23-16 loss to Atlanta on Sunday night and was hospitalized overnight after the game.

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RECIPE Red Lentil Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Even when you think your cupboards are bare you probably have most of the ingredients to make this simple, delicious and healthy soup.

Ready in 15 minutes
Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup red lentils
- 4 cups chicken or vegetable stock
- good squeeze of lemon juice

Directions

1. Sauté the vegetables in olive oil until they soften.

2. Add the lentils and the stock and bring to a simmer.

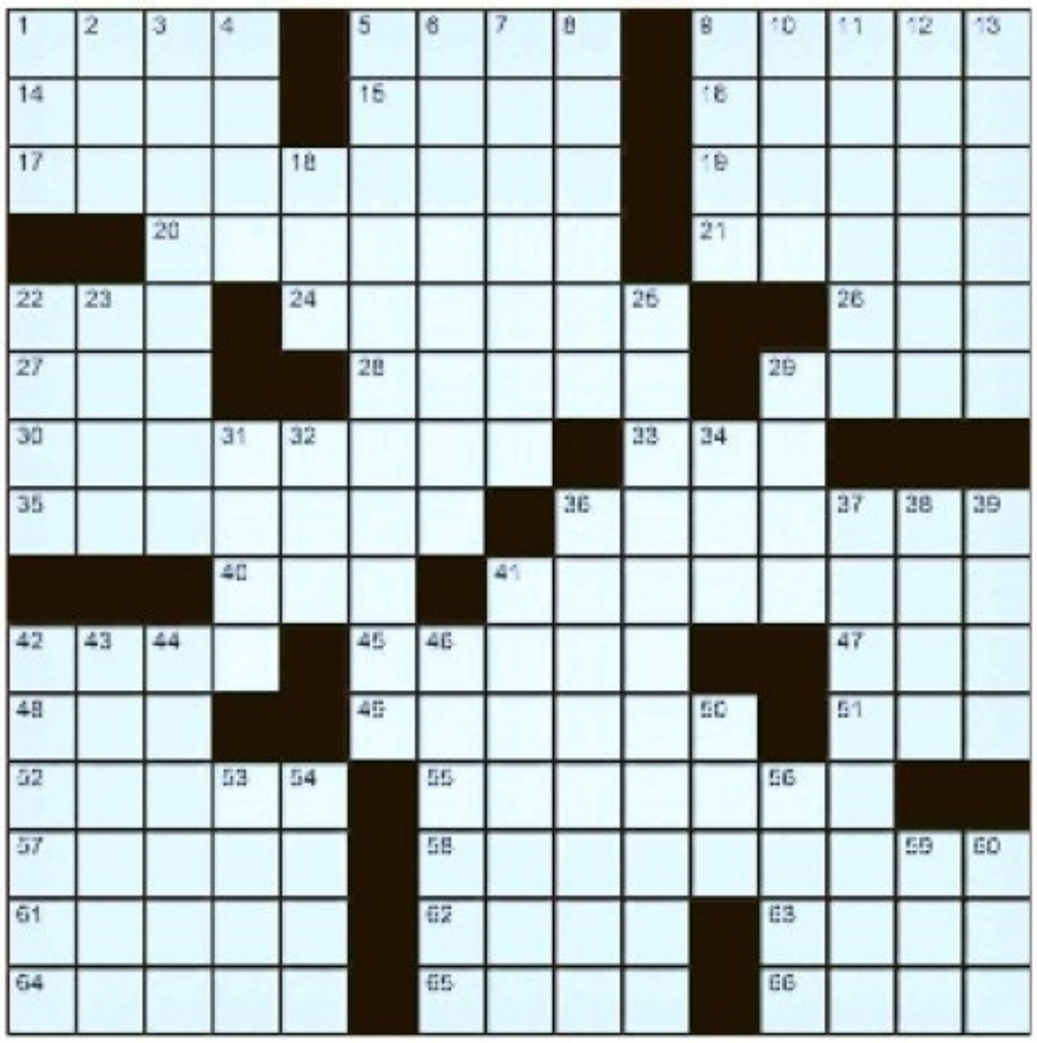
3. Cook for about 15 minutes stirring every once in a while.

4. Add lemon juice and salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Plug-less computer network connection
5. Canadian actor Mr. Cronyn
9. Miss __ Lenya of Bobby Darin hit "Mack the Knife"
14. 'Switch' ender
15. "What's __ for me?"
16. Scarlett's home's namesakes
17. Thoroughfare in downtown Hamilton, __ __ .
19. Scarlett's love
20. Spectator
21. __ message (Transmitted an e-mail, perhaps)
22. Entrepreneur's deg.
24. Ms. Burgess (Pro dancer who is #5-Down's partner on "Dancing with the Stars")
26. Foldaway cottage bed
27. __ B (Two basic options)
28. Angler's basket
29. If the fits ...what's missing?
30. Sang in The Alps
33. Reckon in Reno
35. Bland
36. 'Top line' in accounting
40. Bounced cheque acronym
41. "An American __ in London" (1981)
42. Succeeds
45. Impose upon
47. Fedora, for one
48. Ripen
49. Charm
51. Pals to CMs
52. __ out (Makes it with good fortune)
55. Wheeled serving table: 2 wds.
57. Journalist Ms. Couric
58. Implied/suggested
61. Matrikin
62. Convene
63. Bone dry
64. More pink, as steak
65. Country singer Mr. Arnold
66. Tiny teacher

DOWN
1. Spider's architecture
2. George Gershwin's brother
3. Some hockey players
4. Smidgen
5. As per #24-Across... James __ (IndyCar driver from Oakville, Ontario who is on the current season of "Dancing with the Stars")
6. Singular, as per ownership
7. Like a picture frame's corner joints
8. Forever, to a poet
9. Items in envelopes, for short
10. Dam of South Dakota
11. WWI fortification ditch
12. "Fantasy Island" character
13. Mansion's setting
18. Extra sports periods to break ties, briefly
22. Permission requester's opener...: 2 wds.
23. Business blessing
25. Cold Lake or Airdrie, for example: 2 wds.
29. Slow-cooked meal
31. One, in Munich
32. CDs predecessors
34. Adam and __
36. Ushered the concert-goers closer to the stage, say
37. Baseball pitcher's dream game
38. __ Bator (Mongolia's capital)
39. Terrestrial stage newts
41. Extended, such as a highway with additional lanes
42. Promenading person
43. Large lizard
44. Drink of the gods
46. Prompt: 2 wds.
50. St. Louis footballer
53. Up-in-the-sky toy
54. Clairvoyant
56. Carpentry tool
59. Leandro's operatic beloved
60. Dict. entry

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Someone close to you is enthusiastic today! Enjoy conversations with partners and close friends, and don't hesitate to make big plans.

Taurus April 21 - May 21
It's easy to get the cooperation of others at work today, because people are in a good mood. Work-related travel also is likely

Gemini May 22 - June 21
Relations with children are upbeat and positive today. This also is a great day for romantic outings, the arts and anything to do with sports.

Cancer June 22 - July 23
You will enjoy making home improvements today or exploring real-estate opportunities. You're starting to feel hopeful about improving your home or getting a better one.

Leo July 24 - Aug. 23
Today you are aware of the power of positive thinking. You feel hopeful about your future and look forward to whatever you think is possible. Dream big!

Virgo Aug. 24 - Sept. 23
This is an excellent day for business and commerce. Dealings with foreign interests are likely. Don't be afraid to stretch a little and take a chance.

Libra Sept. 24 - Oct. 23
Today you see the larger view of things, which allows you to make plans with foresight and wisdom. It's a particularly good day for business and finance.

Scorpio Oct. 24 - Nov. 22
You are entertaining big dreams today, and it feels good. Double-check all details with work you are involved with, because big dreams sometimes cause you to overlook little things.

Sagittarius Nov. 23 - Dec. 21
You can organize the efforts of others today, because people are willing to follow your suggestions. Your positive frame of mind is what encourages people.

Capricorn Dec. 22 - Jan. 20
This is an excellent day to talk to bosses, parents, teachers and VIPs. Not only are people receptive to what you have to say, they are willing to entertain ambitious suggestions.

Aquarius Jan. 21 - Feb. 19
Travel plans look exciting! This is an excellent day to discuss lofty topics like philosophy, religion and politicss. This also is a good day to study anything and explore topics at school.

Pisces Feb. 20 - March 20
This is an excellent day to decide how to share something or to discuss an inheritance. Whatever happens, you will be sure to get your fair share.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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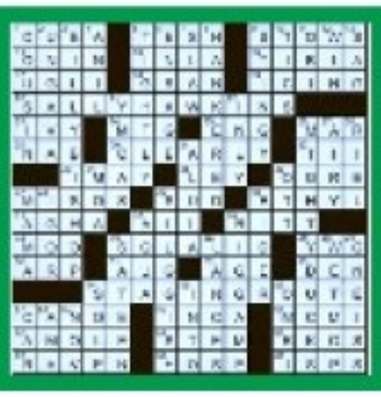
						9	7	1
							5	2

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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4	7	5	6	2	9	8	1	3
3	6	8	1	5	4	2	7	9
6	8	7	3	9	5	1	4	2
5	3	9	4	1	2	7	6	8
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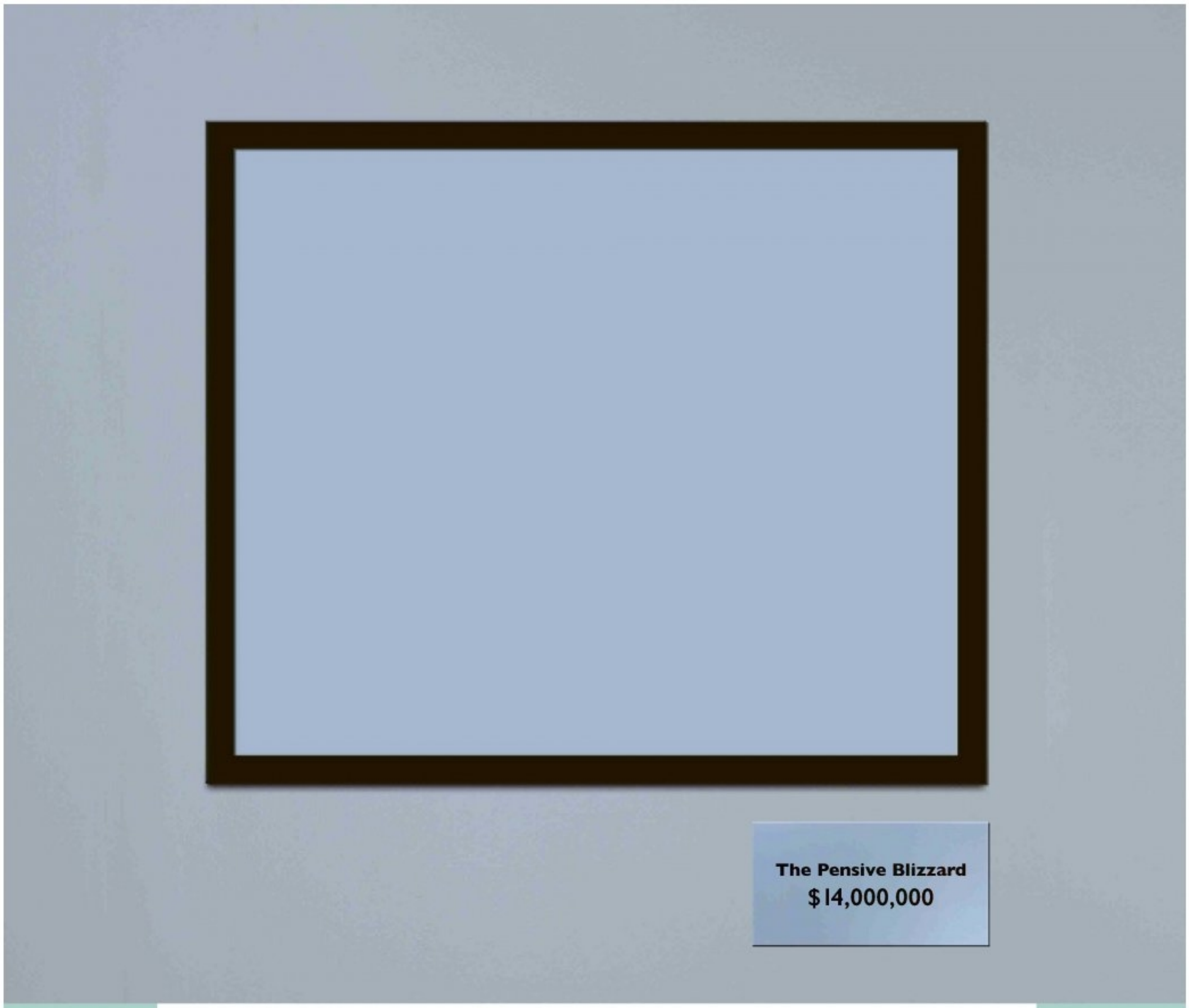

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FLORIDA
Loews Sapphire Falls
Resort at Universal ★★★
Standard rm
January 23
5 nts
Kids stay & eat FREE[2]

1st passenger $999 + $139 taxes & other fees
2nd passenger $499 + $139 taxes & other fees

Ottawa – Samana
DOMINICAN REPUBLIC
Viva Wyndham V
Samana ★★★★½
All-Inclusive • V rm
January 12, 19, February 2 & 9
1 wk
PRIVILEGES 18+

1st passenger $1279 + $453 taxes & other fees
2nd passenger $639 + $453 taxes & other fees

Ottawa – Punta Cana
DOMINICAN REPUBLIC
Sunscape Dominican Beach
Punta Cana ★★★★
Unlimited-Fun® • Deluxe tropical view rm
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Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on October 11, 2016, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport in Economy class and include surcharges. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Offers expire at 11:59 p.m. ET on the date indicated. Flights operated by Air Canada or Air Canada Rouge. For applicable terms and conditions, consult www.aircanadavacations.com. TICO registration #50013537. ■ [1]New bookings only made between October 5 & 23, 2016 for departures between January 5 and February 17, 2017. Select packages and departure dates only. Applicable to packages with non-stop flights in Economy Class only. [2]Conditions apply. Details at aircanadavacations.com. ■ ®Unlimited-Fun is a registered trademark of AMResorts. ®Aeroplan is a registered trademark of Aimia Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC. Visit www.aircanadavacations.com for up-to-date information.

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